

TEEN

Yellow to Orange

BASICS:

Half Moon Back

BASICS:

Half Moon w/ Punch

BASICS:

Student Creed

HAND STRIKES:

Cross Hand Shuto

HAND STRIKES:

Back Fist

HAND STRIKES:

Chicken Wrist

KICKS:

Side Kick

KICKS:

Back Kick

BLOCKS:

1-4 w/ Counters

BLOCKS:

5-8 w/Counters

BLOCKS:

1-8 w/ Counters

COMBINATIONS:

8

COMBINATIONS:

9

JIU-JITSUS:

Front Choke

JIU-JITSUS:

The Snake

WEAPONS:

Straight In #1 Block

WEAPONS:

Overhead #1 Block

WEAPONS:

Side #1 Block

FORMS:

1 Pinon Pt.1

FORMS:

1 Pinon Pt.2

FORMS:

1 Pinon